



# NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND • St. ROSE OF LIMA & NEW COMMUNITY

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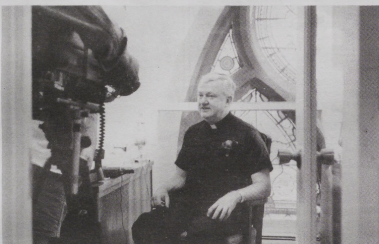
## NCC Glows With Pride As Msgr. Linder Is Named A MacArthur Foundation Fellow

St. Joseph Plaza and its environs looked a little like a Universal Studios set this week, as the announcement came that Monsignor William Linder, founder of New Community had been named a prestigious MacArthur Foundation Fellow for his work among the black and Hispanic communities in Newark. Newspapers and networks nationwide kept the phones and Father busy.

The award will give Monsignor a no-strings-attached grant of \$330,000 over the next five years.

When asked what he thought of all the unexpected attention, his reaction looked as usual to the future. "It means New Community gets national recognition, and that's very important," he replied. "There are major stages of change, and this is one of them. We're about to do some projects we haven't tried before." The favorable publicity will certainly be helpful, Father felt.

"In a broader sense, this award is testimony to Monsignor's patience, perseverance and faith," said Arthur L. Wilson, president of New Community's board of trustees who was proud as can be upon hearing the news. "We who are close to him know that he has always had all three at-



During a CNN interview, Monsignor William Linder discusses New Community's philosophies and goals.

tributes along with great talent to get things done. Now others, on a larger scale, with their laurels of gratitude, have come to recognize the contributions he is making for improving life in urban centers."

With Father Linder's guidance, New Community has had many firsts — a first-class Extended Care Facili-

ty for Medicaid patients right in the neighborhood housing area, one of the first daycare centers built from the ground up specifically for that purpose, a special daycare center for children with AIDS and the first major supermarket in Newark's Central Ward in over 30 years, which also returns two-thirds of its profits back into the community.

New Community has over 2,400

housing units, has provided jobs for over 1,150 people and recently opened a 102 family transitional homeless facility.

The Fellows are chosen by the Foundation's Board of Directors from names submitted by more than 100 anonymous nominators after review by a 12-member selection committee. This year's select group of 31 people received the grants ranging from \$150,000 to \$375,000 over five years. The MacArthur Foundation was established by John D. and Catherine T. MacArthur of Chicago.

"The creative person is at the heart of a society's capacity to improve the human condition" said Adele Simmons, MacArthur Foundation president. "By supporting these Fellows, highly talented individuals working in a wide range of fields, The Foundation means to honor creative persons everywhere."

Ray Cadey, New Community Director of Development reflected the thoughts of friends everywhere when he observed, "It's a long overdue recognition of a champion of the urban poor who works in his quiet and not so quiet way to change the face of society. The grant is an acknowledgement of the value and need to expand that mission." Congratulations!

## New Community Hosts Banking Industry

New Community played host recently to some twenty-two representatives of the banking industry. The gathering was sponsored by the Federal Reserve Bank of Philadelphia and began with the group being met by a bus at Newark's train station at 9:30 a.m. on Tuesday, June 11, 1991.

The group proceeded to St. Joseph Plaza where Ms. Vera W. Bowders, Senior Community Affairs Specialist with the Philadelphia Federal Reserve Bank gave the introductions. Mr. Frederick M. Manning, Vice-President and Community Affairs Officer of the Philadelphia Federal Reserve, gave the opening remarks

and Msgr. William J. Linder gave an overview of New Community. A tour of NCC followed, including housing, social services and economic development facilities. Lunch at The Priory provided the opportunity for a relaxed discussion of community development and New Community.

When Msgr. Linder was asked why the Philadelphia Federal Reserve and the banks came to visit NCC, he replied that "Mr. Fred Manning and the entire staff of the Community Affairs Department of the Federal Reserve Bank are special friends of the community development movement. They are equally at home with us as they are with the banks."



Members of New Community and the Philadelphia Reserve Bank outside St. Joseph Plaza after their tour.

## Riding In Style At Babyland



Reggie Theus, from the N.J. Nets, joins children from Babyland in a center court presentation.

Nets superstar, Reggie Theus, presented Babyland Nursery, Inc. with five "childproof" tricycles at a pre-game ceremony at the Meadowlands.

Participating in the center court presentation were Babyland children, parents and staff members.

Dunkin, the Nets mascot, was on hand adding his special mirth to the occasion.

Babyland and New Community would like to thank Reggie Theus and Mike Spaulding of Spaulding Associates for their generous donation.

We would also like to thank the Nets staff members — Lynn Rivers, Mark Woodson and Rick Lottermann — for their efforts, and their generous donation of over 200 free tickets to our Youth Service Department.

# NCC Employment Center News



## Electrical Connection

Volts, Amperes, and Watts equal the units of measure which employment applicant, Helen Davis, will encounter as she embarks upon her apprenticeship with IBEW Local 102. Since receiving a certificate in electronic assembly and soldering from Job Corp, and completion of Radio Communication School in the U.S. Army, where she was trained in the operation and repair of two-way radios, Helen's ultimate goal has been the materialization of her never ending dream to be an electrician.

Although this is a male dominated field, a non-traditional occupation for females, she has pursued it with undying interest and motivation.

Just recently, she completed a 360 hour course in building maintenance and repair. Fifty percent of her hands-on experience in the program consisted of carpentry, plumbing, repair of heating systems, electrical wiring, plastering and masonry.

Her determination to break into the non-traditional field, after several years, brought Helen into the Employment Center to seek assistance. She had heard from various individuals how resourceful the Employment Center is, with awareness of the job markets, counseling, placement and referrals to the RIGHT sources if training, upgrading skills or changing careers was a concern of individuals.

With a week after her interview with a counselor, the Employment Center received notification from Mr. Ulysses M. Jordan, Area Representative for the U.S. Department of Labor, Bureau of Apprenticeship & Training, that a local Electrician's Union was seeking a female can-

didate for apprenticeship. Immediate contact was made with Mr. Jordan and information pertaining to the apprenticeship received. Mr. Lou Baran, Business Manager of IBEW Local 102, was contacted and informed about our candidate resulting in a scheduled interview.

Mr. Baran called the Employment Center directly after the interview with Helen still in his office informing us how pleased he was with our selection of a candidate, and their mutual acceptance for the apprenticeship program. Helen will receive 50% of a journeyman's rate while training, and up to 90% near her completion.

We at the Employment Center are ecstatic that we were able to help give substance to Helen's dream. CONGRATULATIONS HELEN! And thank you Mr. Jordan and Mr. Baran for your confidence in our services, and for making the right ELECTRICAL CONNECTION.

Amanda E. Harrow  
Employment Center/Counselor/  
Job Developer

## Basic Skills Offer Basic Success

Clarence Williams was born in the South, the oldest of nine children. At a very young age he was forced to go out in the job market to help his family. This caused him to drop out of school.

Clarence eventually relocated to New Jersey and landed a job as a warehouse worker. Due to the unstable economy he was laid off recently and came to the Employment Center for help. Mr. Williams was placed by the Employment Center.

During his spare time Clarence attended the Basic Skills course offered on Saturdays to prepare him for his GED and also to help him at his place of work. Mr. Williams' job entailed working with fractions which he had not learned. After a few months, Clarence mastered the skills needed to help him get his GED and make him competitive at his job.

Clarence was later promoted and has also received his GED.

Felicia Holmes  
Employment Center/Job Developer

## Need The Right Employee?

We at New Community Employment Center know the most important resource in any organization are its human resources and hiring of new employees is a very critical task. However, our free of charge services can eliminate not only the cost of advertising, but also the time consuming job of interviewing numerous applicants, just to find that Right One. We can provide your company with appropriate human resources, assuring you the right number and types of individuals available at the right time and place so your organizational needs can be met.

Any employer or Union who is seeking candidates for hire or apprentice training, can contact the Employment Center with their job or training requirements at this number - 201-643-3828 - or for your convenience, you may fax the information to us at 201-643-6034.

Try our no fee service. There's nothing to lose, except maybe a viable employee.

## A Successful Commencement

June 15, 1991 was a huge success due to the devotion and dedication of the Basic Skills participants.

Everyone who participated in the class for the nine month period received a certificate of completion. In addition, a wide variety of certificates were given out ranging from perfect attendance to scholastic achievement.

In light of the success of this Basic

Skills Program has gotten me on my way."

Arnell Thomas told us, "I have benefitted a lot by coming to Hayes Library, which I tell everyone is school. Before joining I would sleep my Saturday mornings away but now I can't wait to get out of bed to go to school. I really enjoy working with Felicia Holmes and Charles



Felicia Holmes and Charles Singletary pose proudly with participants in the Basic Skills Program.

Skills Program, Ms. Holmes encourages anyone who is interested in enhancing their skills to give her a call at (201) 733-2131.

A few participants had remarks about the impact the Basic Skills class had on them.

Bessie McCray said, "My reason for coming back to school is to better myself for myself and my family. Coming here to the New Community

Singletary. I can talk to them if I have any difficulties."

Robert McIntosh believes, "You must know yourself first and know what you want. Education is the key to success. You are never too old to learn."

Again, anyone interested in joining the Basic Skills Program September Class, please call Ms. Holmes for registration and further information at 733-4960.

## Reading Volunteers Needed

Harmony House needs volunteers to read to children. The Newark Literacy Campaign, Inc., will conduct a two (2) hour training session on Thursday, July 18, 1991 at 6:00 p.m. for the volunteer readers.

The program itself will kick off during the week of July 29th and readers will read to groups of five (5) children. Field-tested books that the Literacy Campaign has used successfully in its tutorials - books which children and teenagers in Newark absolutely love to read - will be used.

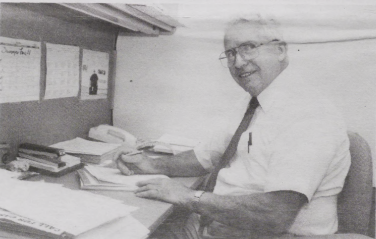
The program is called "I Can Do That!" Family Literacy Project. This new and exciting program helps youth from preschool through the twelfth grade learn to read better by providing them with the single most powerful reading lesson - being read to from books they love. The program will help to increase the children's in-

terest and increase their academic success. We hope many volunteers say "I Can Do That!" when asked to volunteer just two (2) hours a month.

Please call Tom McGinn, Volunteer Coordinator for Harmony House, between the hours of 10:00 a.m. and 12:00 noon on Monday, Wednesday and Friday at (201) 623-8555 if you would like to share two (2) hours a month to help the children of Harmony House become better readers.

New Community Harmony House is a transitional homeless program which helps families move from homelessness to permanent housing and from dependency to self-sufficiency.

The Newark Literacy Campaign is an independent, non-profit organization. Since 1987, trained volunteer tutors have been providing quality literacy instruction to children, teenagers and adults in Newark.



Tom McGinn coordinates the "I Can Do That!" Family Literacy Project.

## Contributions To New Community Corporation

If you would like to make a memorial gift or donation to New Community it would be most welcome.

People who would like to give to New Community but don't wish to give up the earning power at the present time can assign a contribution now, but defer payment until sometime in the future.

If you would like more information, please contact Lynn Mertz at Fund Development, (201) 482-0682.

## THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

Articles due by 15th of each month

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## And The Winner Is...



Lionel Simmons, from the Sacramento Kings, congratulates NCC resident Angel Nieves on being named the NJHMF "Youth of the Year."

The New Jersey Housing and Mortgage Finance Agency chose Angel Nieves, 16, as their "Youth of the Year" for service given within the community in which he lives.

Angel, a Central High School student, was chosen for his outstanding services contributed to NCC's Youth Services basketball program. Acting as role model to the younger members of the community, Angel assists at the Newton Street School gym insuring the safety and good behavior of the 5-10 year-olds.

Basketball Coordinator James Walters says that his job would be close to impossible with the younger children without the help of Angel to make sure they are staying out of trouble.

The winner of the award was not disclosed prior to the presentation at

the Somerset Hilton. The announcement of the winner left Angel speechless as he accepted the award and was given the opportunity to address the audience of 500 spectators.

Presenting the award to Angel was basketball star Lionel Simmons of the Sacramento Kings, an NBA team.

There were two nominees from New Community Housing Developments. The second nominee was Harvey Garvin of New Community Gardens. Harvey, 16, was entered for his service to the community as a conscientious Clarion Carrier. Although not selected as the winner, Harvey is still number one here at New Community spreading the good news of the community through the *Clarion*.

Congratulations to both Angel and Harvey, our "Youth of the Year!"

## Site Work Begins In Jersey City



Site work/excavation work begins at the Ocean-Bayview Affordable Housing Development in Jersey City. Paul Meli and Ken DeLuca of MDS Environmental Services supervise activities.

## NCC Honors Director Knox

On Tuesday, June 4, 1991, New Community Corporation hosted a reception in honor of Charles Knox, the former Director of the Newark Police Department and Essex County Sheriff Bureau of Narcotics, in recognition of his recent appointment as the Director of the New York/New Jersey Port Authority Police Department. The reception was held in the atrium of St. Joseph Plaza, 233 West Market Street, Newark.

In remarks made by the President

maintained since its opening more than four years ago. However, Art continued, "You may be gone but not forgotten; you will always be welcome at New Community."

Mr. Wilson concluded his remarks with a message of congratulations to Mrs. Mary Knox (Knox's wife) on her recent graduation from Rutgers University with a degree in management. Director Knox was presented with a plaque, a Community Service Award, from NCC by Mr. Wilson.



NCC Board President Art Wilson and newly appointed Port Authority Police Director Charles Knox.

of New Community Corporation's Board of Directors. Mr. Arthur Wilson, he praised Director Knox for his sensitivity and sincerity in serving New Community and its residents whenever called upon as the Director of both City and County agencies. Mr. Wilson also expressed the fact that as a result of his new position and distance of travel, Knox will be unable to frequent St. Joseph Plaza's appetizing buffet luncheon, a daily ritual he and his family have

Among the many guests were Central Ward Councilman George Branch, Newark Police Director-Designate, William Lester and Acting Essex County Sheriff Armondo B. Pontoura.

Representing NCC was Mr. Joseph Chaneyfield, Vice President, and Mr. Newton Richards, Secretary of the Board of Directors along with Security Director James E. DuBose, who was the Master of Ceremonies.

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## CALL FOR HELP

Is your husband or boyfriend abusing you? You are not alone — it happens a lot. There's a number you can call 24 hours a day where people are available to help you explore your feelings and plans. All calls are kept confidential.

Don't let this situation continue. NO ONE DESERVES TO BE BEATEN!

Call Babyland's Essex County Family Violence Project at 484-4446. In the Caldwell area, call PEACE at 226-6166.

## U.P.S. Presents Check To Harmony House



U.P.S. District Employment Manager John Burckes, presents a check to Augustine Douglas and her relocation staff. The money is to be used to present a public housing forum scheduled for October 1991.

## Parent Child Center Congratulates 5 Teen Mom Graduates

The following teen moms have successfully completed their course of study for a High School diploma and will be graduating from high school in June: Felicia Alston; Johnnita Boyd; Sherrel Durant; Vashea Gunn and Evelyn Rivera.

We, the staff of Babyland, congratulate you on successfully completing your high school education. May you continue to actively pursue your goals and aspirations. We know

that you hold the key to your futures and can achieve your highest goals. Push forward and reach for the stars. Thanks for letting us be a part of your lives. We love you, and most of all, God loves you.

May God continue to bless you and your families.

Congratulations to the Class of 1991!

Mary Lou Madden, Program Director  
Gwendolyn Winds, Social Service Coordinator

## Nutrition Is Essential To Healthy Growth

On June 20, 1991, Debbie Yerike, Nutrition Consultant for the Parent-Child Center at Babyland, spoke to teen mothers about the importance of eating foods that are essential to the body's continual growth and development.

The nutritionist gives workshops twice a month to teen moms who have children ranging from 3 months of age to 3 years of age. The focus of the workshops target nutritional requirements in the young child, adolescent, and adult.

Many informational pamphlets are given to parents to take home for reference. Special emphasis is placed on preventative health problems. We

are pleased many of the teens have expressed that they are beginning to incorporate things they have learned into their diets and the diets of their children.

Ms. Yerike presents her workshops in a fun and educational way. There are a lot of games, individual and group activities, and cooking experiences to encourage the mothers' participation. All P.C.C. parents are encouraged to continue attending workshops.

"Together we can make a difference."

Gwendolyn Winds  
Social Service Coordinator



Sr. Suzanne Janis and Debbie Yerike discuss nutritional facts prior to meeting with teen moms.

## Notes From Babyland: Summer Precautions Can Keep You Well

Summer is upon us, and much that is good about time off — the beach, the lakes. There are some precautions to take however, to avoid spoiling summer fun.

First, avoid too much sun. For the elderly there is the chance of skin cancer. The protection offered by a wide brim hat is helpful; also carry an umbrella. There are many black people who do not know that sun's ultraviolet rays are absorbable through their skin too — indifference to the sun's rays over the years can give all of us a problem.

Summer camps are wonderful, but again some thoughts. The children rarely take a shower with soap. They are all sure of the benefits of the lake or pond to keep them clean — but not always. If you are playing in the dust and then have mosquitoes bite causing an itch which you then scratch, you can run into trouble. I had such a case several years ago in which a child came down with a swollen knee and fever at camp. I advised the father to fly up and get him. The mosquitoes had done him in.

The itching caused a scratching which in turn stimulated staphylococcus bacteria to give him a septicemia (blood poisoning). He recovered nicely because the infection was treated early.

Lyme disease is another summer problem. It is not new but is certainly spreading all over the country. Originally it was caused by a tick that at first was limited to deer, but now other animals carry it. The tick



Dr. Paul  
Kearney

is almost invisible in size and the pain of the bite is minimal but within days to weeks a flare or multi-fare reaction occurs on the skin adjacent to the bite. If treated then — good recovery. If delayed several months — real trouble — joints, heart, etc. involvement.

You know we are often at peril when we eat out. (I personally cannot eat a hot dog from one of those street vendors.) If the rest rooms are not clean where I eat and do not have available soap, water or towels, then I wonder if the waitresses have failed to wash.

Little clues like that may keep you in good health. I can only stress — and I have since 1968 when I first started here, the importance of washing your hands and your children's before eating and again after attending to your own needs and those of your infant or child as you travel.

May you have a pleasant summer.  
Paul Kearney, M.D., F.A.A.P.

## Jacob Mathew Promoted

Born in India, Jacob Mathew came to the Priory Restaurant as a busperson in October 1989, eager to learn as much as he could to improve his life. He went to school in the evening to upgrade himself.

Jacob caught on quickly and was able to communicate much better with his fellow employees. He was promoted to waiter and learned how to take orders and greet customers with ease.

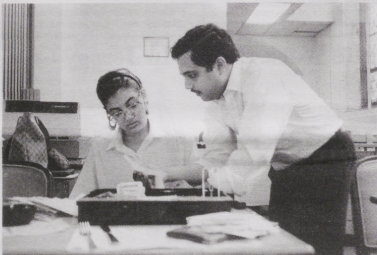
The learning ability he demonstrated made his supervisors

realize he could go on to even better things, so he has now been promoted to Inventory Supervisor/Head Cashier.

With Jacob's motivation and determination he will continue to grow.

"New Community recognizes the individual on merit and does not discriminate," says Jacob. "They are really an equal opportunity employer. With their faith in me I can be someone," he said proudly.

We are all behind you Jacob. Keep up the good work.



Head cashier, Jacob Mathew, discusses the day's tally with Keisha Baldwin.

WHAT SO PROUDLY WE HAIL





## Babyland Summer Enrichment Program Begins... Hot Fun In The Sun

What is the Summer Enrichment Program?

For more than twenty years, Babyland Nursery Inc. has been providing a variety of services and programs to families in Newark and the surrounding area.

During the past nine summers, Babyland Nursery has assembled dedicated and creative staff members to plan innovative, culturally enriching programs for children between the ages of 5 to 13 years old. This unique, mature, and helpful group of counselors offer children an entertaining summer in a nurturing and supportive atmosphere that will become part of their most cherished childhood memories.

The children participate in a variety of activities, such as cooking instructions with safety and clean-up rules, serving instructions, African-American history, swimming instructions, music appreciation, table etiquette, aerobics, videos and much more.

They will visit amusement parks, beaches, parks, museums, radio stations, and television stations. They'll visit the United Nations, have dinner at Neil's New Yorkers Dinner Theater, and visit the Statue of Liberty.

The group's visits to New York will give them the opportunity to see such sites as Carnegie Hall, the Empire State Building, South Street Seaport, the World Trade Center and more. Our goal is to have fun and educate our campers at the same time.

The Summer Program will begin on Monday, June 24, 1991, and end Friday, August 30, 1991. Hours will be from 7:30 a.m. to 5:30 p.m., Monday through Friday, at Saint Rose of Lima School, 540 Orange Street, Newark, New Jersey 07104. Breakfast, lunch, and snacks are included in the weekly fee of \$65.00 per child. Multiple children receive an adjusted rate.

For information, call Ms. Gayle Chaneyfield at 399-3400.

## Babyland Ceremonies For Urban Pre-K

The Newark Urban Pre-kindergarten Program (UPP) housed at Babyland II celebrated the graduation of their four-year-olds at a farewell/graduation party held in the Tot Park at St. Rose of Lima on June 24th.

Thirty-two children received diplomas for completing their program while their family, friends, and staff and the three-year-olds celebrated their transition into kindergarten.

The celebration included a procession followed by a bar-b-que lunch, puppet show and sing-a-long. Parents of children in the program volunteered their time and energy to

make this event a success along with the cooperation of program staff.

The children enjoyed the entertainment and sang their hearts out to the Hokey-Pokey, Going On A Lion Hunt and the ABC song. All children received a copy of the yearbook reflecting on the past year at UPP.

We wish the 4's well and are already planning the program for the 3's for next year.

Other Babyland graduations were scheduled to take place through the last week of June.

Amey Gelnav  
Education Supervisor



Amey Gelnav, Education Supervisor, hands out diplomas to graduates of the UPP program at Babyland II.

## To Continue And Not Lose Heart

"Congratulations — for completing your High School Diploma and being a #1 MOM." So read the certificate presented June 27, 1991 at Babyland II to twelve newly graduated teen parents from the Babyland Parent-Child program.

Caregivers and staff stopped by at the afternoon gathering to wish our graduates well. A sense of pride and accomplishment was felt by all present. It is no small task to be full time Mom and full time student.

Each of these women is at a crucial crossroads in their lives. One can't just stop here — there is a whole world yet to be known and explored. How to do that and still be a responsible and caring parent? The presence

of Babyland I in the lives of these young women is a crucial ingredient for success.

Plans for the future will take these young women in many different directions. For some it will be on to Montclair State College or to explore the possibility of Rutgers or Essex County College. A number have made inquiries to New Community Employment Center for job training possibilities and helps for career planning.

To continue and not lose heart — knowing that we wish you well is our hope for you. "KEEP ON KEEPING ON."

Sister Pat Crowley, O.P.

## Parent Child Center Gives Special Recognition To Teen On The Move

Doreatha Wertz became a teen mother when she was 16 years of age. She gave birth to a baby girl whom she named Dameria. Doreatha's daughter was enrolled in the Parent Child Center funded by Head Start when she was 6 months of age. Dameria is currently 3 years old and her overall attendance has been very good.

Since enrolling in P.C.C. which offers a comprehensive program, Doreatha has successfully completed her high school education. She currently attends Essex County College where her field of study and interests are in the medical field. Her goal is to obtain an Associate Degree at Essex County then go onto a 4 year college to obtain her Bachelor of Science Degree. She aspires to attend Montclair State.

Doreatha acknowledges that with the encouragement of her mother, who has been very supportive of her dreams and aspirations she has been able to obtain many of her goals. Her mother allows her to choose her own destiny and supports her course of action. Doreatha expressed that her family has a strong belief that once you set your heart and mind on something you can achieve it.

Doreatha is a very modest person. Interestingly she shared that she does not want to be praised for doing well



Dameria & Doreatha Wertz

because she feels that she will do better without it.

Doreatha stated however, without the support of family and community programs designed to address the needs of teens and families in general, she would not have been able to fulfill many of her goals in life.

Hats off to you! Mary Lou Madden, Program Director  
Gwendolyn Winds, Social Service Coordinator

## Parents From Babyland IV Go To Washington, D.C.

The first national Children With AIDS Awareness Day was held in Washington, D.C. on June 11, 1991. One of the foster parents from Babyland IV, Ada Cisco, organized a group of 60 people to attend the rally in Washington.

Parents, children and social service agency workers departed early in the morning from United Children's Hospital in Newark. The families worked hard to raise funds enabling parents and children to participate in this important day.

Ada and the other parents were interested in supporting the Awareness Day project in Washington, D.C. because of their concern for the social and psychological needs of the children and their families affected by HIV/AIDS. The rally was held directly across from the White House, and included live entertainment and various speakers. The Reverend Jesse Jackson was among the speakers who supported the families affected by HIV/AIDS.

Participants at the rally were from all across the country.

This gathering of "grass roots" people hoped to communicate to government officials in Washington, D.C. as well as to the general public the seriousness of the pediatric AIDS issue. Although pediatric AIDS represents only 2 percent of all pediatric cases of AIDS, HIV infection among women and children is growing faster than in any other population.

According to the U.S. Public Health Services, for every child diagnosed with AIDS as defined by the Center for Disease Control, another 2 to 10 children are infected with HIV. An estimated 3000 children are born annually with the HIV virus. In the 1990's as many as 1 out of every 10 pediatric hospital beds may be occupied by a child with AIDS.

AIDS is the becoming one of the leading causes of death among children and young adults. It is the 9th leading

cause of death among children one to four years of age and the 7th leading cause among teenagers and young adults less than 25 years old.

The national Children With AIDS Awareness Project sends a powerful message to citizens that ALL individuals have a right to equitable access to adequate medical, psychological, educational, and spiritual support, and that society has an ethical obligation to ensure such access.

The efforts of people such as Ada Cisco and the other parents who took the initiative to make the trip to Washington, D.C. a reality, are truly making a difference in the lives of many families. Hopefully many more people will join in the efforts to increase the awareness that people infected with HIV/AIDS need respect and support.

Sister Suzanne Janis  
Parent Involvement Coordinator

## Retreating Relaxing Renewing

Time for renewal and refreshment is important for everyone's peace of mind and heart. Sr. Suzanne Janis, the Parent Involvement Coordinator for the Parent-Child Center, arranged a day of prayer, relaxation and fun. On June 18th the parents were invited to go to St. Catharine Convent in Spring Lake to enjoy a day at the Jersey shore.

Sr. Alice Uhl, the Director of Religious Education for St. Catharine's Parish, helped to create an enjoyable day for the parents that included time for prayer, a video by Sr. Thea Bowman and an opportunity to unwind in the beautiful environment.

The parents left Spring Lake refreshed, renewed, and relaxed.

## Call Home Friends For Help



Home Friend Nettie Kirkland helps Mabel Kates with her beautiful assortment of plants.

The purpose of the Home-Friend Program is to prevent the improper institutionalization of the frail elderly and disabled adults, who are functionally limited in the performance of necessary daily activities, by supplying them with non-medical chore services, thus helping them maintain their independence.

New Community Home-Friends provide chore services which include light housekeeping, laundry, meal preparation, food shopping, local errands and escort services to health care services. The Home-Friend may also accompany the client to the bank, store, on short walks, collect

mail and read to them if necessary. The eligibility requirements for New Community Home-Friend Program are:

1. 60 years and older;
2. Disabled adult;
3. Live in the service area; and
4. Medicare only.

New Community Home-Friends serves residents of NCC buildings, the Central and North Wards and parts of the East and West Wards of Newark, N.J.

For more information, please contact the program coordinator, Ms. Elsie Best, at 565-0408.

## Extended Care Facility Gardener

At the age of 75, Mr. William Spruill, a resident of the NC Extended Care Facility, continues to keep busy. He has been a resident for the past 3½ years.

Mr. Spruill enjoys reading and watching TV, however, his favorite pastime remains gardening.

Planting and caring for a garden demands much time and concentra-

tion, and Mr. Spruill is very dedicated to his work. We find him daily by the patio digging and watering the vegetables down.

It gives all at the facility — residents, employees and visitors alike — great pleasure to watch the plants in his garden grow so lush and green; they create a beautiful homelike atmosphere which everyone can enjoy.



"How does your garden grow?"...with Mr. Spruill's help, of course.

## Look What We Found In The Garden!



## Families Of Extended Care Residents Get Acquainted

The New Community Extended Care residents' families were extended a cordial invitation from the Social Services Department to acquaint them with the many services offered by the agency. Ms. Mary Devlin, Administrator of the Extended Care Facility warmly welcomed the residents' families and introduced the guest speaker, Ms. Gail Amor, a Gerontological Nurse Practitioner who is a consultant to New Community Extended Care Facility.

Ms. Amor discussed in detail the agency's commitment to provide the highest quality of care to its residents; she answered and clarified

ing Home Advocate who addressed the attentive group and presented information regarding a Resident's Bill of Rights and the protection of their rights. Pamphlets were distributed outlining the services provided by the Nursing Home Advocacy Center. Ms. Levine told the group that the N.H.A.C. is dedicated to enhancing the lives of New Community residents and their families. In addition, N.H.A.C. provides information on counseling, advocacy for those residing in nursing homes, and those considering long term care placement.

The Social Service Department pro-



Family Night at the Extended Care Facility is kicked off with a few words from Penny Mateen.

concerns raised by family members. The New Community Extended Care Facility has developed a new initiative and is in the process of implementing a Progressive Restraint Release Program (P.R.R.P.). The goal of the P.R.R.P. is to assist resident's ability to maintain a practical level of physical, mental, psychosocial and functional well-being.

Another welcomed speaker was Ms. Shelley Levine, Essex County Nurs-

vided the families with a list of various departments and their directors, most of whom were available that day for questions and answers.

Many families voiced their appreciation for the event and stated they were leaving with a wealth of information.

Refreshments were served and enjoyed by all.

Penny Mateen  
Social Worker

# JAZZ

net

Thursdays

**TOP JAZZ ARTISTS  
NETWORKING  
BACKGAMMON  
CHESS**

5 p.m. to 10 p.m.





# CLARION FOOD SECTION



**DUNKIN' DONUTS IT'S WORTH THE TRIP DUNKIN' DONUTS**

## Dunkin' Donuts Summer Savings

**DUNKIN' DONUTS**  
It's worth the trip.

<p><b>3 FREE Donuts</b> With The Purchase Of 3 Donuts At The Regular Price Or <b>6 FREE Donuts</b> With The Purchase Of 6 Donuts At The Regular Price</p> <p><small>One coupon per customer per visit. Available at participating Dunkin' Donut® shops. Offer cannot be combined with any other offer. Plus applicable taxes.</small></p> <p><small>Limit 2 Offers</small></p> <p><b>DUNKIN' DONUTS</b> It's worth the trip.</p>	<p><b>\$1.00 Off</b> a 1 lb. bag of Dunkin' Regular or Decaf Coffee</p> <p><small>One coupon per customer per visit. Available at participating Dunkin' Donut® shops. Offer cannot be combined with any other offer. Taxes not included.</small></p> <p><small>Limit 2 Offers</small></p> <p><small>Other Good: This \$1.00 off Pathmark Shopping Center, 1000 N. St. George Ave., Newark, NJ</small></p> <p><b>DUNKIN' DONUTS</b> It's worth the trip.</p>
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**DUNKIN' DONUTS IT'S WORTH THE TRIP DUNKIN' DONUTS**

## Dinner Specials At The Priory



The Priory Team is always at your service.

To preview our new menu, you can now try some of the exciting new dishes each weekday evening. Each evening one or two dishes will be offered as specials, along with our regular menu.

You can enjoy, for example:

**Creole or Spicy Cajun**

**\*Seafood Combination**

A variety of scallops, shrimp, seafile and lobster seasoned in a garlic and lemon butter served over pasta.

**\*Priory Mixed Grill**

Choice medallions of Filet Mignon,

Veal and Pork grilled European style in cognac and served over rice pilaf with tomatoes and mushrooms.

**Southern Foods**

**\*Southern Style Oxtail**  
Simmered to perfection and served with black-eyed peas and rice.

**\*Lite Grill Beef Lamb & Pork Tenderloins**

Served with potatoes and sauteed mixed vegetables.

**\*Kentucky Bourbon Basted Chicken**

Cornbread stuffing, string beans almandine in homemade bourbon sauce.

## Faithful Employees From The Start



The faithful, the proud, the Pathmark cashiers.

## Sunday Dining At The Priory Is A Time Of Relaxation

Sunday is a special day at the Priory. Dining becomes relaxation as you enter the quaint and elegant ambiance of St. Joseph Plaza; it sets the mood for leisurely socializing with family or friends. A jazz ensemble contributes a subtle festive atmosphere.

Sunday Brunch, served between 9:30 a.m.-2:30 p.m., will start you off with a complimentary mimosa (or orange juice). Next is a wide array of culinary delights. You may indulge in popular favorites of savory meats, fish, salads, fruits, desserts, and waf-

fles with bacon. Or satisfy your taste buds by trying our recipes of cajun, creole and Southern delicacies such as blackened whiting, seafood jumbalaya, catfish, southern fried chicken, ham, grits, biscuits, cornbread and much more.

If you prefer to dine later, Sunday dinner is served between 4:00 p.m.-10:00 p.m. The A La Carte menu includes Cajun, Creole, and Southern dishes, as well as pasta, seafood and other contemporary dishes. Music is again provided to enhance your dining pleasure.



Gene Phipps and his Band can be found entertaining diners during the Sunday Brunch at St. Joseph Plaza.

## PATHMARK IS ONE YEAR OLD!

On July 26th, 1990, New Community and Pathmark celebrated the grand opening of the first full-sized supermarket in the Central Ward in over 20 years. Today the Pathmark Shopping Center, which includes the World of Foods, Dunkin' Donuts and a full-service NCC Print and Copy Center, serves over 50,000 people each week.

To celebrate the anniversary we will have:

**• A MINI HEALTH FAIR • FACE PAINTING • ESSAY CONTESTS**

A cake cutting ceremony on July 28th will mark the actual opening day anniversary.

Special events will be announced by flyers and bulletin board notices around the neighborhood.

Keep your eyes peeled!

## THE CHEF'S CORNER

### Low Calorie Chicken Salad

This makes a beautiful summer salad for a sultry evening...very refreshing.

Ingredients:  
1 1/2 lb. whole chicken  
4 oz. snow peas (frozen)  
1 small shredded carrot  
1 red onion  
1 white onion  
2 cloves garlic  
1 jigger olive oil  
1 jigger white vinegar

Salt and pepper to taste  
Method: Boil chicken until soft.  
Cool chicken. Bone by hand and shred by hand into 1/4" wide pieces. Shred



RODRI  
JOAZE

the carrot and cut onions into quarters and slice nice and thin. Mix all the above including the snow peas. Chop the garlic fine and add. Finally, mix the oil and vinegar and toss with the salad ingredients.

Delicious! Serves 4.



## Meet The Priory Manager

Senathiraja Natesan came to The Priory Restaurant with 20 years experience in his field.

His managerial career spans the world with time spent as a banquet manager affiliated with the Intercontinental Hotels in Saudi Arabia as well as in Sri Lanka.

He can capably arrange a banquet at The Priory for groups ranging from intimate anniversary parties of 8 or 10, to breakfast meetings for larger

groups, or super celebrations which go from cocktails in our magnificent atrium to a sit down dinner for one hundred. His creativity in decorating our buffet tables lends a flair to all Priory events.

Sunday buffets and dinners have become a routine with many who have experienced them and a new menu will challenge any taste buds.

We are just a call away. Ask for Mr. Nat at (201) 623-6626.



Fresh seafood buffets are just one of the many items Mr. Natesan can arrange for your party.

## Outdoor Dining Is Here



NCC employees take advantage of the patio furniture to soak in the summer sun.

Outdoor dining has been introduced at The World of Foods, located in our new Pathmark shopping center on Bergen Street in Newark. You will soon be able to dine outdoors at The Priory Restaurant on West Market Street as well.

Tables, chairs and umbrellas are available for use at The World of Foods, allowing you to choose your meal from the variety of offerings, such as Italian, N.Y. Deli or Oriental,

and stroll outside to enjoy good food and the good weather.

The Priory outdoor dining will be served from a festive outdoor cart in the front of St. Joseph Plaza.

The fare will be lite, and will include burgers, sandwiches, salads, beer and soda.

A few tables have been set up in anticipation of delivery of the serving cart in July.

Come enjoy the summer with us at The World of Foods and The Priory.



Enjoy outdoor dining sampling foods with an international flavor this summer at World Of Foods.



TOO HOT TO COOK?  
TOO TIRED TO COOK?

COUPON

### FAMILY SPECIAL

- 1 whole barbecued chicken
- 1 whole rack of barbecued ribs
- French fries and cole slaw

(serves 4 people)

**\$15.00**

WORLD OF FOODS

NEW COMMUNITY NEIGHBORHOOD SHOPPING CENTER  
Coupon Expires 8-31-91

COUPON

ORIENTAL  
Orient Express  
SATURDAY &  
SUNDAY SPECIAL

**\$1 OFF**

Any Combination  
Chinese Soup & Dinner

WORLD OF FOODS

NEW COMMUNITY NEIGHBORHOOD SHOPPING CENTER  
Coupon Expires 8-31-91

## JULY/AUGUST COUPON SPECIALS

COUPON

### PIZZA SPECIAL

- 1 large cheese pizza
- 1 six pack of coke

**\$9.00**

WORLD OF FOODS

NEW COMMUNITY NEIGHBORHOOD SHOPPING CENTER  
Coupon Expires 8-31-91

COUPON

BAKERY  
Parish Delights

**BUY ONE  
GET ONE FREE**

WHITE, RYE, OR  
WHEAT BREAD

WORLD OF FOODS

NEW COMMUNITY NEIGHBORHOOD SHOPPING CENTER  
Coupon Expires 8-31-91

COUPON

### RIB DINNER

- 4 barbecued ribs
- Collard greens
- Baked macaroni & cheese
- Corn muffin

**\$4.95**

WORLD OF FOODS

NEW COMMUNITY NEIGHBORHOOD SHOPPING CENTER  
Coupon Expires 8-31-91

COUPON

ORIENTAL  
Orient Express

This Coupon Worth  
**50 CENTS**

OFF ANY  
ORIENT EXPRESS DINNER

WORLD OF FOODS

NEW COMMUNITY NEIGHBORHOOD SHOPPING CENTER  
Coupon Expires 8-31-91

COUPON

TRY OUR TAKE-OUT SPECIALS  
FOR SINGLES OR FAMILIES



### SEAFOOD DINNER

Seafood Combo:

- Fried flounder, fried clams and fried scallops
- French fries and cole slaw

**\$3.75**

WORLD OF FOODS

NEW COMMUNITY NEIGHBORHOOD SHOPPING CENTER  
Coupon Expires 8-31-91

COUPON

BAKERY  
Paris Delights  
SATURDAY &  
SUNDAY SPECIAL

**\$1 OFF**

COFFEE CAKE OR  
COFFEE RING

WORLD OF FOODS

NEW COMMUNITY NEIGHBORHOOD SHOPPING CENTER  
Coupon Expires 8-31-91

**WORLD OF FOODS**

**BERGEN ST. AND SOUTH ORANGE AVE., NEWARK**  
(Located In The New Pathmark Shopping Center)



# PRIORY RESTAURANT 233 WEST MARKET ST. NEWARK, NJ

## Appetizers

### GARLIC SHRIMP

Succulent shrimp in our famous white and garlic sauce

### SCOTTISH SMOKED SALMON

Smoked salmon off the coast of the Highlands thinly sliced and flanked with dried onions and capers

### SMOKED TROUT

Brook Trout prepared in our own smother with homemade sauce

### SOUTH CAROLINA CHICKEN WINGS

In our own hot and sexy sauce

### HOT ANTIPASTO FOR TWO

Olives, capers, mushrooms, calamari and red wine sauce

### STUFFED MUSHROOM CAPS

Cups of mushroom filled with hot sausage or shrimp and chicken cheese

### ROASTED PEPPERS

Paired with anchovy and a touch of olive oil

## Salads

### CAESAR SALAD

Romaine lettuce, toasted croutons and lots of dressing

### SPINACH SALAD

Leafy spinach leaves covered with real bacon sliced eggs, mushrooms, tossed garlic croutons flared with a tangy or heavy mustard dressing

### MOZZARELLA AND TOMATO

A gourmet delight topped with fresh basil and olive oil

### TR-COLORED PASTA SALAD

Lightly garlicked with mustard, shrimp, anchovies and roasted peppers

### SHRIMP SALAD

With pieces of flounder, baby asparagus, tomatoes, cucumbers and a Creole/mustard dressing

### WARM CHICKEN SALAD

With mixed summer greens, Creole tomatoes and lots of dressing

### HOUSE SALAD

Complimentary with entrees, your choice of dressing

## Seafood

### BROILED LOBSTER TAIL

Served with melted butter, butter baked potato and broccoli

### JUMBO SHRIMP

Garlicked with garlic over rice

### SEAFOOD CASSEROLE

A combination with the Priory touch of herbs and spices served with garlic bread

### POACHED SALMON

In a dry cornmeal and tomato sauce

### BROILED SCALLOPS ALA SISTINE

Mantained masterpiece in white or white wine and garlic and served over a bed of wild rice

### RED SNAPPER

Grilled slowly and basted with fresh herbs and wine served with broccoli

### SEAFOOD COMBINATION

A variety of scallops, shrimp, scallop and lobster seasoned in a garlic and lemon butter served over pasta

### FILLET OF FLOUNDER

Broiled or fried with rice

### LITE SEAFOOD FANTASY

Halibut, fillet of sole and red snapper with tomatoes and broccoli

### FRENCH

Chateau de France

Chateau de France

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## Entrees

## Southern Cuisine

### SHRIMP AND SCALLOP CHOLE

Served in garlic sauce over rice with broccoli

### SHRIMP JAMBALAYA

New Orleans style in Creole sauce served over rice

### SAVANA SHRIMP AND PASTA

Succulent scallops, shrimp and a white southern style with rice and two baked peas

### SOUTHERN FRIED WHITING

With collard greens, macaroni and cheese

### BLACKENED WHITING

Crab style New Orleans recipe with mushrooms

### SOUTHERN FRIED CATFISH

With collard rice and collard greens

### BLACKENED CATFISH CAJUN STYLE

Served over rice with collard greens

### GRILLED TROUT WITH PEICAN

Accompanied with glazed greens

### SOUTHERN FRIED CHICKEN

Hot southern style with glazed greens and collard greens

### KENTUCKY BOURBON BASTED CHICKEN

Cornbread stuffing, smothered in a homemade bourbon sauce

### BAKED VIRGINIA HAM IN GRAND MAINESE

And pineapple sauce, collard greens and potato salad

### SMOTHERED PORK CHOPS

Smothered in a white sauce, collard greens and potatoes

### HAMBURGERS

Smothered or fresh, served in a baked bun with collard greens

### BABY BACK RIBS

Our baby back ribs are the most tender, succulent ever served with mushrooms and potato salad

### SOUTHERN STYLE OXTAIL

Smothered in a white sauce and served with baked peas and rice

### SMOTHERED STEAK

Smothered in a white sauce, mushrooms and french fries with potatoes and string beans

### TEXAS BEEF RIBS

Big juicy ribs smothered in our Texas BBQ sauce with collard greens, rice and beans

## Americana Cuisine

The Priory is dedicated to the well being of our guest, therefore, across the menu as LITE means just that. Offered for the health minded, our chefs use cholesterol-free margarine, light and salad oil, as well as a choice of preservative chicken and natural beef with 30% less fat and free of steroids, antibiotics and pesticides.

### SALMON ENVELOPILLE

Salmon served in parchment with shelled cabbage and potatoes. A medley baked to perfection

### TROUT PICASSO

Fillet of broiled trout baked with fruit and mint

### RED FISH DECATUR

Fresh fish fillet covered with mustard, shrimp, tomato, mushrooms, onions and olive oil

### CHICKEN MICHELLE

Is a piece of chicken stuffed with spinach, broccoli dressing and poached in chicken broth

### LITE FRIE RANGE CHICKEN

Broast of chicken sauteed with mushrooms and peppers, served with potatoes and string beans

### CHICKEN PARMIGIANA

With a bed of melted mozzarella

### VEAL PICCATA

Served with fresh peas and broccoli

### VEAL PARMIGIANA

Served with linguine and string beans

### VEAL MAISON

Meditation of veal marinated in delicious Marsala wine and shallot sauce with mushrooms

### PRIORY MIXED GRILL

Choose medallions of filet mignon, veal and pork grilled European style in a creole and served over a new pig with tomatoes and mushrooms

### GRILLED VEAL CHOPS

Seasoned with spices and herbs and grilled to your taste Italian style served with seasoned garden vegetables

### SALTED CALVES LIVER

Served with potatoes and broccoli

### FILLET MIGNON

With mushrooms and linguine sauce

### NATURAL LIGHT FILLET MIGNON

Meditations sauteed in creole served with oven baked potato and tomato berries with olives

### LITE GRILLED BEEF LAMB

Served with potatoes and sauteed mixed vegetables

## For Reservations:

201-242-8012

## Desserts

### Homemade Sweet Potato Pie

### Homemade Sweet Potato Pecan Pie

### Amaretto and Orange Crisps

### Bread Pudding with Vanilla Rum Sauce

### Helogen Dots Ice Cream

### ITALIAN GOURMET DESSERTS

### CORFEE

### Irish Coffee

### Italian Coffee with Sambuca

### American Coffee with The Monks and Port

### Blue Bayou with Cognac

### Cappuccino ala Priory

### Cappuccino

### Espresso

### Coffee Punch

Chilled coffee flavored with chocolate syrup and a touch of vanilla ice cream

### Coffee, Tea or Sanka

## Sunday Brunch

## Corporate Dining and Business Breakfast

## Personal Touch Banquet

## Concert Series

## Call for information

201-623-6626

## Pasta

### LINGUINE CON GAMBERI

A blend of shrimp, linguine, tomatoes, garlic and olive oil over linguine

### PENNE THE PRIORY WAY

Garlicked with shrimp, artichoke and sundried tomatoes

### CHIAMATE RAVIOLI

Stuffed with chicken and cooked in a blend of spices, fresh tomatoes, mushrooms and garlic

### FENNE AND SALMON

With fresh tomato and light herb sauce

### LINGUINE AND SNDRIBED TOMATO

With mushrooms and a combination of cheeses basted in a cognac sauce

### PETTUCINE ALFREDO

Creamy parmesano cheese with fresh spinach and black pepper

### PRIMAVERA ALA PRIORY

Angel hair pasta, garden vegetables gently sauteed in garlic olive oil and seasonings

### CAPPELLINI AND WILD MUSHROOM

Blended of mushrooms, white sauce, scallop and olive oil

### REGATONI POMODORO

Sauteed with fresh tomatoes, shallot, garlic and black olives

### FENNE THE PRIORY WAY

Garlicked with shrimp, artichoke and sundried tomatoes

### CHIAMATE RAVIOLI

Stuffed with chicken and cooked in a blend of spices, fresh tomatoes, mushrooms and garlic

## Soups

### ORZO SHRIMP GUMBO

Southern combination with rice

### PRIORY FISH CHOWDER

The secret is the shrimp pepper sauce

### FRENCH ONION SOUP

Slices of onions, roasted garlic broiled and generously covered with mozzarella

## Champagne Wine

and all sparkling wine

Charles Heidsieck, Reims, France  
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### FRENCH

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### ITALIAN

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### ROSE WINES

Charles Heidsieck, Reims, France  
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### CALIFORNIA

Charles Heidsieck, Reims, France  
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### HOUSE WINE

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# Pathmark®

# 1<sup>ST</sup>

# Anniversary Celebration

## Pathmark Super Center of Bergen Street

131-185 Bergen Street

Celebrate with these coupons below:

1ST ANNIVERSARY CELEBRATION


Valid thru Aug. 31, 1991

This coupon worth

## \$1

towards the purchase of

### Any Seafood Item



(From our Fresh Seafood on Ice Dept.)  
\$3.00 Minimum Seafood Purchase

Limit one per family. Good at any Pathmark Supermarket thru Sat., Aug. 31, 1991. Void where prohibited.

0038760

ENTER

0038760

1ST ANNIVERSARY CELEBRATION


Valid thru Aug. 31, 1991

This coupon worth

## \$1

towards the purchase of

### Your Total Shopping Order



with a \$10 minimum purchase  
(Cigarettes, milk, lot., lottery tickets, prescriptions and any items prohibited by law are excluded.)

Limit one per family. Good at any Pathmark Supermarket thru Sat., Aug. 31, 1991. Void where prohibited.

0039700

ENTER

0039700

1ST ANNIVERSARY CELEBRATION

Valid thru Aug. 31, 1991

This coupon worth

## \$1

towards the purchase of

### Any Item in our Floral Dept.



(Minimum \$5.00 Floral Purchase)

Limit one per family. Good at any Pathmark Supermarket thru Sat., Aug. 31, 1991. Void where prohibited.

0039620

ENTER

0039620

1ST ANNIVERSARY CELEBRATION

Valid thru Aug. 31, 1991

This coupon worth

## \$1

towards the purchase of

### Any Item in our Deli Dept.



(Minimum \$3.00 Deli Purchase)

Limit one per family. Good at any Pathmark Supermarket thru Sat., Aug. 31, 1991. Void where prohibited.

0039600

ENTER

0039600

1ST ANNIVERSARY CELEBRATION

Valid thru Aug. 31, 1991

This coupon worth

## \$5

toward the purchase of any

### New or Transferred Prescription

Customer Signature: \_\_\_\_\_

RX # \_\_\_\_\_

This coupon does not apply to fully paid insurance payment plan programs and cannot be used in conjunction with Pathmark Co-Pay Absorption where in effect. Limit 1 prescription coupon per prescription. Effective thru Sat., Aug. 31, 1991. Void where prohibited by law or plan program. This coupon can be applied toward but not exceed the cash Co-Pay or deductible on your third party prescription plan. No cash refund.

0039590

ENTER

0039590

Prices effective thru Sat., August 31, 1991.

So that we may serve all our customers we reserve the right to limit sales to three (3) packages of any item. Items offered for sale not available in case lots, except, if advertised by case price. We reserve the right to limit the sale to three (3) cases of any item. Not responsible for typographical errors. Some pictures shown in this ad are for design purposes only and do not represent items on sale. Certain items not available where prohibited by law. Items and prices valid only at Pathmark Supermarkets. \*Some H.C., Conn. and N.J. Pathmarks closed Sundays. Most stores not open Sunday close midnight Saturday and open Sunday at midnight. Check your local Pathmark for exact Store Hours. During the late hours some departments may be closed. Health Aids and General Merchandise available in Pathmark Supermarkets with Pharmacy Departments and at Pathmark Free Standing Drug Stores. \*Checkmark means a Yellow Tag Sale.



# Security Corner

## Officer Of The Month

Security Officer Hiram Preston was chosen Officer of the Month for June, 1991. Officer Preston, a one year veteran of the Security Department, was selected because of his loyalty and unselfish dedication to duty as well as maintaining an excellent attendance record.

Officer Preston, the oldest of three brothers all of whom are NCC Security Officers, was the first to join the Security Department. He was followed by his two younger brothers, Ronald and Bobby. Hiram, who has

crewman with the rank of Specialist E-4 in an artillery company.

Over a four year period he has received numerous Army commendations and Medals of Achievement. Recently he was presented with an Army Achievement Award from the Defense Department in Washington, D.C.

Officer Preston attended Irvington Vocational and Technical High. He joined NCC Security on the advice of a friend who is also employed as an NCC Security Officer. Hiram states



NCC Board member Joe Chaneyfield congratulates Hiram Preston on being named Officer of the Month for June, as Errol Adams looks on.

performed very well wherever assigned has been detailed at the Pathmark Shopping Mall located on Bergen Street and South Orange Avenue, in Newark, New Jersey since its opening in July, 1990. He can be seen nightly at the mall during the 12:00 a.m. to 8:00 a.m. shift performing his duties in a military manner. This mannerism is a reflection of his other professional career as a four year member of the New Jersey National Guard, where he is a cannoneer

that he enjoys his role immensely as a security officer at the shopping center because he enjoys providing a safe environment for the shoppers and the subsequent appreciation and respect given to him in return.

The Security Department congratulates Officer Preston on his achievements.

Officer Preston was presented a plaque in acknowledgement of his good work.

## Black History Notes

Researched By James E. DuBose

### First African-American To Graduate From West Point Second Lieutenant Henry O. Flipper (1856-1940)

Born into slavery on March 21, 1856, Henry O. Flipper entered the Military Academy in 1873 where he had only a couple of friends who would speak to him only in private. In public, however, he was scorned by them and the object of their racial slurs.

In 1877 he became the first black to graduate from West Point. Turning down an offer to be commander of the army of Liberia, he became the only black among 2100 officers in the U.S. Military. He chose to serve among the thousands of black cavalrymen and foot soldiers in the Old West. These troops, called Buffalo soldiers by the Cheyenne and other tribes, scouted 34,420 miles of Western desert and plain. They kept the peace among settlers and protected them from warring tribes. They built hundreds of miles of new roads and telegraph lines while suffering with miserable rations, inferior horses and third-rate equipment discarded by white regiments.

Their regiments were the 9th and 10th Cavalries and 24th and 25th Infantry units who fought valiantly with Teddy Roosevelt's Rough Riders in the Spanish American and Indian Wars. The Buffalo Soldiers won 19 Medals of Honor in both campaigns.

Lt. Henry Flipper, while assigned to duty with the 10th Cavalry at Fort Sill, Oklahoma, designed a ditch to drain cesspools that were breeding grounds for malaria. Renowned to this day, the ditch carried the stagnant water away, easing the malaria threat.

Flipper, while at Ft. Sill, also

became friendly with a white officer and his sister-in-law. They became riding companions, entraining several white officers. As a result, Flipper was dispatched to Fort Davis, a desolate outpost.

One of his jobs at Ft. Davis was that of "acting commissary of substance." Two white officers at the Fort had it in for him, one because he went riding with a white female, the other because of a grudge from West Point. One day, Flipper discovered that the commissary funds were missing from his trunk. He knew he had been set up but could not prove it.

Flipper was arrested and found innocent of embezzlement but guilty of "conduct unbecoming an officer and gentleman." He was given a dishonorable discharge.

He consequently pursued his career as an engineer and is credited with having helped build Alaska's Railway system.

On December 13, 1976, the Army Board for the Correction of Military Records in Washington, D.C., concluded that the dishonorable discharge given at Ft. Davis was inappropriate and issued an honorable discharge 95 years after his court-martial. The U.S. Military Academy dedicated a memorial bust and alcove in the cadet library in honor of Lt. Flipper in 1977, on the 100th Anniversary of his graduation.

A monument to Flipper's Buffalo Soldiers has been proposed by General Colin Powell, chairman of the Joint Chiefs of Staff, and will be unveiled in 1992 at Fort Leavenworth, Kansas, the birthplace of the 10th Cavalry.

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## Aerobics:

### Prevention Of Aerobic Injuries

When the "workout craze" started ten years ago, people thought it was a fad that would die out like Bell Bottom pants. Health and fitness proved that wrong as aerobics became part of the world's daily life-style. Aerobics is one of the most popular means to achieve body fat loss and cardiovascular conditioning. To the average person who does not workout, aerobics may seem uncontrolled, a way to jump around and maim oneself. The following tips might assist in choosing an aerobic class that is beneficial to your needs.

The word aerobic means using oxygen over a period of time. In a class, the aerobic segment can last from 5 to 35 minutes, depending on whether it is a beginner class or an advanced class. One important "aerobic rule" is not to exceed 50 minutes. After 50 minutes the workout becomes an anaerobic class. You would then be using muscle groups at a pace that exceeds the body's ability to use oxygen which supplies energy. Any exercise workout that exceeds the body's ability to use oxygen can be a very dangerous one.

Remember also, it is an imperative

part of any exercise program to consult with your doctor.

Aerobic instructors are your leaders. A good instructor might offer some of the following tips to make your workout a vigorous and enjoyable one: 1) Correct body alignment is very important to a class. A slight bending of the knees during a warm-up takes stress off the lower back 2) There are many areas such as the neck, lower back, knees, feet and ankles that must be protected during an aerobics class. The instructor should emphasize the need to protect these areas during class.

The manner in which the feet land is another area about which your instructor should counsel you. When landing, the ball of the foot should hit first with the heel following. This can prevent injuries to the calf area, ankles and shin area. The shin can receive shin splints (a bruise or very slight fracture to the front of the lower leg, which can be very painful) if you do not land properly.

During the calisthenic part of class, it is of extreme importance to protect the neck and spine area. During abdominal and thigh work, you should know your body's limitations. Before a class consult with the instructor to receive information on what to expect during the class, and of what to be careful when working out at an up tempo pace.

Remember — any exercise program should be talked over with your doctor. The aerobic workout can be an enjoyable one. Learn to pace yourself, relax, have fun and ask questions of your gym fitness consultant. I believe it is never too late to teach even an "old dog" new tricks, so why can't we all be taught to live our lives in a healthy and fit way.

But protect yourself. Exercise correctly!!!!

Ed Scott  
New Beginning's Spa Manager

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## FOOT FACTS:

### Enjoy Walking

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Frank

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Walking is a year round exercise, and pleasurable leisure time activity. To some people it is a sport. No special equipment, outfit, arena, or membership is required. Just make certain your attire protects you from cold or heat, and that your feet are protected by footwear suitable for walking. Other than that, no reservations, partners, regulations, or qualifications are needed.

For walking to qualify as a sport in the fitness department it should be measured in time and in miles, beginning with half a mile in a 15 minute session and gradually working up to as many as five miles in an hour and a half.

Walking as an exercise seems to be replacing jogging because it can be done by everyone, regardless of age, life-style, or physical condition. It is convenient, inexpensive, healthy, safe, and natural. Also, there are several basic walking styles, each with different characteristics and benefits.

**Strolling:** At one or two miles per hour, this is enjoyable but too slow for aerobic or cardiovascular conditioning for the heart and lungs. This is a worthwhile activity to limber up for more rigorous walking. A 150 pound person can burn 100 to 200 calories per mile.

**Functional Walking:** At two to four miles per hour, moving from place to place, walking to work, shopping, or touring, normally one would burn 120 to 140 calories per mile.

**Brisk Walking:** This is aerobic walking at 3.5 to 5.5 miles per hour. The pulse starts fairly high, and the body burns 120 to 160 calories per mile.

**Long-Distance Walking:** At two to four miles per hour, over all types of terrain, this can be done for several hours or several days, and you'll burn about 100 to 140 calories per mile.

**Weightloaded Walking:** Using a daypack, weight belt, ankle or hand weights, this can be done at any pace. Normally 170 to 280 calories are burned per mile.

**Hiking:** This is probably the most enjoyable form of walking. The pace is two to three miles per hour and the body burns 120 to 170 calories per mile.

**Climbing:** The pace of stair climbing, mountain climbing, and hill walking varies, but the body normally burns 150 to 300 calories per mile.

#### Walking

Walking is simple and relaxed. Stride with the longest step comfortable and let your arms swing naturally. A long stride stretches and loosens tight muscles. Keep your pace brisk but not hurried. A vigorous exercise walk increases the amount of oxygen supplied to the muscles and to the brain and leaves you feeling refreshed and exhilarated.

Walk with your head held high and back straight. This produces a higher center of gravity and enables you to obtain a longer, more efficient stride. A full stride, with legs out in front, knees straight but not locked, and the body column erect, reduces the strain on the back and shoulder muscles.

Let your arms swing naturally in an arc from your shoulders. This counterbalances forward motion, increases speed, maintains rhythm, and exercises the upper body.

The best way to begin a walking program is to walk for 20 minutes several times a week. Walking with a friend can increase incentive. Walk at a comfortable pace, slowing down if you find yourself breathing heavily or unable to maintain a conversation while walking. Don't tire yourself, and if you can't walk for 20 minutes, start with 10 minutes. As your body adapts to the exercise, increase your time and pace.

Remember to wear comfortable, well-fitting, sturdy-but-not-heavy walking shoes for your walk. For more information on walking as the perfect natural exercise, ask your podiatrist for a copy of "Walking for Fun and Fitness," or write to Foot News, 9312 Old Georgetown Road, Bethesda, MD 20814.

## Networking Socials At Spa

Thanks to the growth of New Beginnings Spa and the many diversities of members resulting from that growth, we have tapped into these resources to utilize the ideas of our members to improve the spa services offered.

A committee for new ideas was formed a few months ago and many ideas were exchanged. This allowed us to focus on the varied needs of our diverse membership. One of the desires of this membership was to network socially.

As a result, the committee decided to have a kick off party to bring in the spring season which was named the "First Annual Spring Festival" for the Spa.

This brought a lot of exposure and awareness of our presence in the community.

The Festival was held on Saturday evening, June 8, 1991, and was well attended and enjoyed by everyone.

Look for signs of our next Networking Social, for this is just the beginning of many events planned.

## Security Officers Fellowship

Every Monday night at 6 p.m. at the community room of NCC Douglas Homes, 15 Hill Street, the Security Officer for Christ Fellowship International meets.

For further information, call 623-3841.

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## FOCUS on FAMILIES

### New Community Families Shape Up

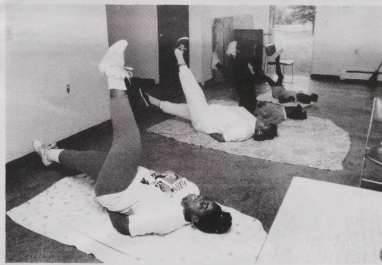
The heat is on, costs are off and people are shaping up and working out. It takes hard core dedication, determination, will-power and a lot of sweat to achieve a look for the summer that makes you want to stand up and cheer.

At 72 Hayes Street, if you venture

bulge.

Check your activities calendar for exact meeting dates. Classes start at 4:00 p.m. All are invited to join.

Come dressed with loose fitting clothing, sweat suit, leotard and covered legs; sneakers and socks are a must. Bring a towel and or mat for



"Exercise With Joy" is held regularly at 72 Hayes Street.

by the Community Room, you'll hear hip rocking music, countdowns of leg lifts, giggling with the tummy rolls and words of encouragement to those who may be lagging.

A group of 12 meet on a regular basis twice a week and fight a fulfilled hour with the battle of the

floor exercises.

We guarantee you will see and feel a difference in your appearance with regular participation.

If interested come to 72 Hayes St. Dates and times are posted on the window or call Ms. Joyce Cook, 623-6114.

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### July/August Calendar For Children

Hours: Wednesday-Sunday, Noon-5:00 p.m. Closed Mondays and Tuesdays & July 4

#### JULY EVENTS

- 3 Wednesday \*10:30 p.m. Newark Black Film Festival Special Films for Children - **MORNING SCREENING FOR CHILDREN'S GROUPS ONLY.** This week's films feature *African-American Tales*.
  - \* 1:30 p.m. Junior Museum Garden Workshop. Free weekly workshops for children: Around the World in Seven Weeks. This week's theme is *English Garden Floral Bouquet*.
  - \* 2:30 p.m. Newark Black Film Festival Films for Children - This week's films feature *African-American Tales*.
- 4 Thursday Museum Closed for Fourth of July Holiday
- 5 Friday \* 1:30 p.m. Children's Theatre. Free weekly performances: Around the World in Seven Weeks. This week's performance: *First & Stillman - Songs and Stories of Britain*.
- 10 Wednesday \*10:30 a.m. NBFF for Children's Groups - This week's theme: *Films By and About Children*.
  - \* 1:30 p.m. Junior Museum Garden Workshop: *Create African Masks*.
  - \* 2:30 p.m. NBFF Films for Children - This week's theme is *Films By and About Children*.
  - 7:30 p.m. Newark Black Film Festival, Adult Screening: *Bahia: Africa in the Americas*, Billy Johnson Auditorium, Newark Museum, free.
- 11 Thursday 12:30 p.m. Summer Garden Jazz Concert: Free, weekly, lunch-hour concerts each Thursday. This week: Newark native Haven Claybourne and his quartet.
- 12 Friday \* 1:30 p.m. Children's Theatre: *Malika Lee Whitney, African Griot with African drums*.
- 17 Wednesday \*10:30 a.m. NBFF for Children's Groups - This week's theme: *About Africa*.
  - \* 1:30 p.m. Junior Museum Garden Workshop: *Create an American Folk Art Pin*.
  - \* 2:30 p.m. NBFF Films for Children - This week's theme: *About Africa*.
  - 7:30 p.m. NBFF Adult screening: *Camp de Thiaroye*, Van Houten Library Theatre, NJIT, free.
- 18 Thursday 12:30 p.m. Summer Garden Jazz Concert: Saxophonist Marty Fogel and his quartet.
- 19 Friday \* 1:30 p.m. Children's Theatre: Touchstone Theatre presents *Carl Sandberg's Rootabaga Stories*.
- 24 Wednesday \*10:30 a.m. NBFF for Children's Groups: *To Kill a Mockingbird*, for ages 12 and older.
  - \* 1:30 p.m. Junior Museum Garden Workshop: *Create Caribbean Corn Husk Dolls*.
  - \* 2:30 p.m. NBFF Films for Children: *To Kill a Mockingbird*, for ages 12 and older.
  - 7:30 p.m. NBFF adult screening: *To Sleep With Anger*, starring Danny Glover Van Houten Library Theatre, NJIT, free.
- 25 Thursday 12:30 p.m. Summer Garden Jazz Concert: Saxophonist Bob Ackerman & vocalist Pam Purvis.
- 26 Friday \* 1:30 p.m. Children's Theatre: Christine Campbell tells *Caribbean Stories (with steel-pan music)*.
- 31 Wednesday \* 1:30 p.m. Junior Museum Garden Workshop: *Create European Quilt Patterns in Paper*.

#### AUGUST EVENTS

- 1 Thursday 12:30 p.m. Summer Garden Jazz Concert: Silk City String Band.
- 2 Friday \* 1:30 p.m. Children's Theatre: *Stories from Europe* with Julie Della Torre.
- 7 Wednesday \* 1:30 p.m. Junior Museum Garden Workshop: *A surprise Chinese Creation Chinese*.
- 8 Thursday 12:30 p.m. Summer Garden Jazz Concert: The Big Band sound of the Loren Schoenberg Quartet.
- 9 Friday \* 1:30 p.m. Children's Theatre: Mock Turtle Marionettes perform *The Nightingale, a tale from China*.
- 15 Wednesday \* 1:30 p.m. Junior Museum Garden Workshop: *Create Japanese Origami*.
- 16 Thursday 12:30 p.m. Summer Garden Jazz Concert: Instrumentalist and composer Makenda K. McIntyre and his quartet.
- 17 Friday \* 1:30 p.m. Children's Theatre: *Traditional Japanese Music Ensemble*.

## At Your (Social) Service

by the Staff of NCC Social Services Department

# An Eventful Close For After-School Program

It is time once again for the NCC After-School Program to come to a close. To do this we needed to have some kind of celebration. The youngsters were kept in the dark as far as how we would do this celebrating.

At 3:30 on June 13th, we gathered the group together, pairing everyone off with a buddy, since in order to begin the party, we needed to do a little walking. The walk took us to the World of Foods, located next to Pathmark. Here everyone enjoyed pizza and soda.

After our great pizza and some cleaning up, Donald Godwin, Youth Services Administrator, took time to say some thank you's. After thanking all those who work with the

youngsters on a daily basis in the After-School Program he had one more announcement to make. On behalf of Youth Services Staff and children, Sister Connie was presented with a plaque in appreciation for her work among the youth of NCC.

Sister Connie will be leaving Youth Services at the end of July.

There was still more to the celebration, and for that the group needed to walk back to 220 Bruce Street. Here each youngster was given a mug with their own name on it. It was little reminder of their time spent having fun at New Community's after school program during 1990-1991.

This is all for now. We wish everyone a happy and healthy summer!



The After-School Program kids proudly display their mugs. Is that Sister Connie in there?



The children enjoyed delicious pizza at World Of Foods.



Donald Godwin presents Sr. Connie with a plaque for her service and dedication to the New Community Youth.

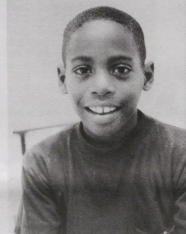
## Students Of The Month

Students of the Month for June are Anton Fitzpatrick and Al Moses. Anton is 10 years old. He is in fifth grade at Camden Middle School. He enjoys science and English in school.

Anton would like to be a biologist when he finishes all his schooling.

Al is in the second grade at Camden Street School. He has improved in Math since attending the program at the Hunterdon Street site.

These will be the last students of the month for this school year; stay tuned to the fall when some of our youngsters will again be highlighted.



Anton Fitzpatrick



Al Moses



## Thanks, Thanks, Thanks

Thanks to the many special people in the NCC Network for all of your love, support and prayers during my immediate preparation for vows and on vow day.

The gathering on Vow Day, May 5, 1991, was an amazing sight with so many well-wishers coming together to celebrate the gift of God's call to me to pronounce final vows and make this a covenant of love forever.

There are so many people who helped to make this day special. To all of you who worked so hard, a heartfelt thank you. In particular, I would like to thank the following:

- Monsignor Linder, for insuring that the day would be special.

- Ms. Emily Ross, for her diligent and loving hard work in directing the choir that was magnificent.

- The choir and the special guest members of the Leadership institute who gave it their all and filled me with so much joy.

- To Carmen, Debbie and Emily of the Rectory secretarial staff who worked so hard to create a beautiful program booklet.

- To Joyce Cook, Francine and Chaunsen who offered us the gift of liturgical dance and praise to our God.

- To Nat and Joe of the Priory Restaurant who planned and prepared a wonderful meal for the celebration and to Felix for generously offering his assistance.

- To Sister Connie Kelly, O.P. for her steadfastness and emotional sup-

port and for seeing the task and getting it done.

- And to Larry Goldston, Sisters Consuela, Loretta, Noel and Helene for helping the day run smoothly.

Thank you all for gift giving with your presence and for being a part of my "YES" to our God.

May we continue to abide in God's love forever.

Love,  
S. Juanita Hall  
Youth Program Coordinator  
Harmony House

## ICE CREAM AT THE NORTH POLE

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## What A Party!

Since May was Older American's Month, the "younger" seniors at NC Gardens Senior, 265 Morris Avenue, wanted to, in some way, honor their elders. They had a special board

person, who set up the music for the day. Our servers were: Eddie Rodriguez, Mollie Lundy, Grace Morgan, Willie Way, Donald Smith and Edna Gillian. Our speakers for the evening

were Carol Fomer, Sister Anastasia, Edna Gillian and Mr. Skipper.

During the program, we presented gifts to the two oldest tenants of the building. The oldest was Mrs. Best and the second oldest was Mrs. Mary Davis, who is the President of the 265 Club. Gifts were also presented to our hero, Mr. Alan, for saving someone's life and Mr. Jerome for being a good Samaritan. Our last gift was presented to our flower lady, Mrs. Coast, who takes care of our flower garden at 265. Door prizes were also given out and everybody had the most pleasant time ever.

We thank everyone who helped us and who had patience to bear with us. For our first affair as the Senior Junior Board Members of 265, we had a great time and we truly, truly believe our Senior Citizen day was the biggest one yet!

It was thumbs up at the NC Gardens Senior Party.



meeting bringing together the senior and junior members of the group on May 15th and began to plan for the great day. A dinner was decided upon.

The event with Peggy Owens and Carol Fomer at the helm went smoothly. Together they did all the planning for the kitchen with the other board members.

Rev. Harry Johnson opened the program with a song and a prayer.

The food produced melted in your mouth. They had bar-b-q chops, string beans, potato salad, orange slices for appetizers, cakes, coffee, juice and tea.

Our helpers were: Mr. Larry William and Mr. Leon Sanders — who cooked on the grills, and Mr. B. Jef-



## Second Annual Retreat For Women

We are making plans for the Second Annual Weekend Retreat for Women associated with the N.C. Network.

It will be held in the lovely setting of the Dominican Retreat House in Elkins Park, PA (just North of Phila.) from September 13 to 15.

Rev. Chris Nwaka Egbulem, a Dominican priest from Nigeria who has been working in Washington, D.C. and recently preached a Religious Revival in Newark, will be our director that weekend.

All women are most welcome to join us. Transportation will be provided.

For more information, call Sr. Mary Ellen at NC Social Services, 201-623-6114.

## NC Douglas Homes Residents Busy

Older Americans Month  
NCC Douglas Homes (15 Hill Street) Tenant Associations, was the host for the Older Americans Month dinner on May 24. We enjoyed a delicious dinner prepared by our President, Mable Kearney. We all enjoyed the evening.

Ruby Marshall  
Gospel Singing

NCC Douglas Homes Gospel Singing Sharing Group enjoyed a wonderful afternoon May 16th. Elder William shared a beautiful sermon whose topic was Love. Sister Alice Jones sang her songs about Love.

For a while we were carried to a happy land of Joy and Love. Our thanks to our chairperson, Ruby Marshall.

## Geriatric Seminar Introduces "Continuity Of Care"

The Geriatric Seminar for Senior Citizens and their Caregivers, presented by the United Hospitals Medical Center, was well attended by Home Health Aides and their clients, and interested Seniors.

Many different topics were covered that were very informative for all, such as: Growing Old Gracefully; Living Well with Our Different Medical Conditions; Nutritious Budget Wise Meals, and How To Manage Our Medications. This was United Hospitals and New Community's first step in identifying a "Continuity of Care" for all and the hope that a real effort will be made to continue this relationship as we move along with our vision for Education, Prevention and Screening.

For more information call NCC's Health Care Center, 623-2480. Ask for a visit to see Doctor Sunderam.

Sister Anastasia

## A Special Friendship



Sometimes special friendships are forged between Home Health Aides and the people in their care. Such is the case with Diane Nelson and NC Associates resident Grace Patterson.

## Choirs Looking To Expand

The St. Rose of Lima junior and adult choirs, known for their great performances at musical events at St. Rose of Lima Church, Newark, and within the community, are preparing for a big season beginning after Labor Day.

The new officers of the choirs are Joyce Cook, President and Joy Richards, Secretary. Both choirs are



Joyce Cook

now accepting new members in order to develop a first rate choral group.

Ms. Emily Ross, Music Director, is expanding the repertoire of traditional hymns and spirituals and will include hymns in Spanish. Teaming up with her is Mr. Curtis Watkins, an accomplished organist, pianist and vocalist.

The choir can be heard each Sunday morning at 10:30 at St. Rose of Lima Church on Orange and Gray Streets, Newark. For information, call 482-0682.

## NCC Recycling Commences At Sussex



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# A Very Special Commencement Address

On Sunday, June 9th, St. Rose of Lima School held its ninety-ninth commencement program at the 10:30 a.m. Mass. Some twenty-three graduates were conferred the grammar school diplomas by Monsignor William Linder in an impressive ceremony.

"This being our ninety-ninth year, we wanted to do something different, something special," said Mr. Arthur L. Wilson, Principal, "so I asked Mrs. Richards, our first grade teacher to become our keynote speaker." Mrs. Richards is a graduate of Fisk University and is also the Reading Coordinator at St. Rose.

Her address inspired all who were present. Excerpts from her talk are included here to serve as an inspiration to others.

"Being asked to speak to this particular graduating class is a special honor for me. It is special because my one and only child is also a 1981, 8th grade graduate of a Catholic School.

"When I thought about what I'd say to you, I didn't ponder too long because I decided to say to you some of the things that I said to my own daughter.

"Not very long ago, I told her, 'virtually all decisions were made for you by someone else. Remember a time when, if you were going somewhere special and you had in mind wearing a particular dress or a particular shirt or pants and someone said, 'No you can't wear that!' You didn't decide what to wear, where to go or even how you'd wear your hair. The day to day decisions, no matter how small, were made for you by others.

"But as you got older, more and more of the day to day decisions were relinquished to you. Making decisions is something that comes gradually — it's not something that one day so-

meone else does and the next day you do. As you get older the problems and decisions that you must face will increase both in frequency and intensity."

"All of us are aware of the grim statistics that we hear daily on the plight of America's youth. We are bombarded with statistics on high school drop out rate, teenage

serious approach to life, is necessary. Those of you who have always approached school seriously, continue to do so, but with even more vigor. If you have not approached school as the serious business that it is, now is the time to do a 180 degree turn. When you were little, rarely did your choices have long term consequences. But now, it's a whole new story.

"You are entering a phase when what you do today may have an effect for a life time. Choose wisely and the long range effect is positive — choose poorly and the decisions you make may haunt you years from now. Making wise choices not only means what you do, but it includes being selective about the people you call your friends. 'You are judged by the company you keep,' the saying goes. You are influenced by the people you associate with. So surround yourself with positive people.

"Your parents knew that this day would come and they elected to give you an alternative education during the formative years. Speaking from experience, this decision was not without great sacrifice on their part. They chose for you an education that, in addition to the academic, taught solid Christian values. They know that we live in a world where it's not enough to be exposed to these values only on Sunday morning. Your parents knew that just as good schooling and a good college or university education provides a foundation for future careers, a foundation in moral values is just as essential to your future success and well-being.

"So as you leave the protected environment of St. Rose — and believe me you have been in a protected environment — remember what you have been taught and draw on it. Remember that time and time again

you were told that you were created in the image of God. Remember that God knows you, sees you and calls you by name. Remember that you are special and you have a special mission. It is up to you to discover it. It is not easy and often the pressures are enormous, but I have every confidence that when things get tough you will have the foundation to be the victor.

"In closing, always remember that you are special. You're one of a kind. You are one of life's special treasures. If you seek, I'm sure you'll find the precious gems inside yourselves. I promise you they're there. Just take the time and you will find how really special you are."

"Congratulations! You are loved. God Bless You!



Martha Richards

pregnancy, drug addiction and abuse and all kinds of teenage related crime. Unfortunately, many of your peers lack the foundation in decision making skills to avoid becoming just another statistic. The opportunities that are available to you are unparalleled in history. But also, the dangers that exist are unparalleled.

"Many of the career choices that exist today did not exist five to ten years ago, and many of the choices that will exist in four years when you complete High School or eight years when you complete college do not exist today. If you are to meet the challenges of a rapidly changing world, the decisions that you make must be wise ones."

"A serious approach to school, a

## Good Manners Make Common Sense

*Practice what is morally right, and abstain from what is morally wrong.*

Good manners involve delicate and considerable perceptions of what is appropriate to say and do in order to maintain good relations with others and avoid offense. For much of our relationships with others, good manners provide guidelines making interaction easier and more pleasant.

Practicing good manners, consideration for others, and awareness of their needs is manifest in the way one governs one's speech, acts, and interacts with others. For one to regard and treat others kindly has not only a moral but a practical purpose. The extent of one's power to control or direct one's interaction with others far one conforms to conventional rules of conduct, discipline, or propriety.

Good manners are an outward and visible sign of an inward and spiritual grace and as such should be nurtured by attention to traditional Biblical values. Where rudeness is encountered, Proverbs 10:1 provides counsel for reaction to such, "a soft answer turneth away wrath." Rudeness reacted by further rudeness has been known to escalate into violence where those involved have been injured and nothing beneficial accomplished.

Good examples and good role models play an important part in the inculcation of good manners for youth to emulate. Parents have the responsibility of setting the first and continuing example for their youth to follow. Said Samuel Johnson, in his work, "Rasselas," "example is always more efficacious than precept." In other words, the example one sets is more influential than the words one says. Literature and biography may also afford examples of good role models concerning good behavior. Adolphus, in his work, "The Brothers," said "look into the lives of men as though into a mirror, and from others to take an example for himself." Where parents exemplify good manners, at home and abroad, their youth are more apt to exercise good manners in their interaction with others.

Manners have changed partially in response to social changes, and as the lifestyle became casual, the roles of male and female changed; yet, in spite of the changes, caring people still prefer to practice the traditional rules of good manners.

Posterity may not recall one's name, but may ever remember one's good manners.

Lewis Graves  
Springfield Branch  
Newark Public Library

## ★ ★ ★ St. Rose Awards Day Held ★ ★ ★

On Thursday, June 13, St. Rose of Lima School held its Awards Day Assembly for students in grades one to seven. Kindergarten and eighth graders received their awards at their respective commencement exercises.

The awards were given to students in each class by their homeroom teacher for attendance, service, conduct as well as for each academic subject.

Mrs. Emily Ross, Vice-Principal, officiated at the Awards Day ceremony where youngsters received certificates of Merit, Performance, Recognition and Achievement.

The ever precocious James Holcomb sits in attendance at the recent St. Rose of Lima School awards ceremony.



## Mardi Gras Birthday Party For Pastor



Guess who? Msgr. Linder is surrounded by mystery well wishers at his surprise Mardi Gras birthday party held at St. Joseph Plaza.



Tamara Shinholster and Ms. Emily Ross.